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CONSUMER TIPS > >

(Information from Agricultural Marketing Service
and Bureau of Home Economics, USDA)

BUYING THE BERRIES

1. Small, dark purply berries and big bright red ones are equally good.
2. Cranberries should be firm, plump and fresh looking, with a high luster.

PREPARING THEM

1. All berries that are shriveled, speckled or soft - even when the skin is firm - should be thrown out.
2. Cranberries are high in Vitamin C, which tends to be destroyed

(over)

when exposed to heat, air, and metal.

3. To gain most possible Vitamin C from cranberries, they should be eaten raw.

4. To gain most possible Vitamin C from cooked cranberry sauce, berries should be left in. - not strained.

RECEIPE FOR UNCOOKED CRANBERRY RELISH

One quart cranberries - washed and picked.

One orange, with rather soft skin.

One cup sugar (or honey to taste.)

$\frac{1}{4}$ teaspoon salt.

Quarter the orange, removing seeds. Grind the orange - pulp, skin and all - and the cranberries through food chopper. Add sugar and salt. Relish may be kept in a covered jar in refrigerator for several weeks.

CT-65